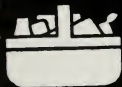


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Do not assume content reflects current scientific knowledge, policies, or practices.





# CONSUMER TIPS > >

(Information from Bureau of Home Economics, USDA)

## RULES FOR COOKING

1. Have food ready when oven is right temperature.
2. Place pans in alternate positions on oven racks for best circulation of heat and least waste of energy.
3. When oven is hot, use it for as many cooking operations as possible. Preheating for short baking is expensive.
4. Use time and temperature chart; open oven door as little as possible.
5. Don't use oven to heat kitchen unless absolutely necessary.
6. Use flat-bottomed pans about same size as cooking unit.  
Pans that do not cover heating unit waste heat; ones that

